

## Z-Ultimate Self Defense



We will help your child become a strong, able, and productive member of society armed with character, strong self-discipline and a healthy self-image. With our safe and friendly environment your child will gain flexibility, increased physical fitness, strength, and balance.

### Martial Arts Kempo Little Dragons

Little Dragons

Instr: Z-Ultimate Self Defense Studios Staff

Loc: Z-Ultimate Self Defense Studios Studio

Age: 7-10 yrs ..... Fee: \$50R/\$60N

37629	Mon, Wed	Sep 5-28	5-5:45pm
37630	Mon, Wed	Oct 3-26	5-5:45pm
37631	Wed, Mon	Nov 2-30	5-5:45pm
37632	Mon, Wed	Dec 5-28	5-5:45pm

### Martial Arts Kempo Tiny Tigers

Tiny Tigers

Instr: Z-Ultimate Self Defense Studios Staff

Loc: Z-Ultimate Self Defense Studios Studio

Age: 4-6 yrs ..... Fee: \$50R/\$60N

37633	Mon, Wed	Sep 5-28	5-5:45pm
37634	Mon, Wed	Oct 3-26	5-5:45pm
37635	Wed, Mon	Nov 2-30	5-5:45pm
37636	Mon, Wed	Dec 5-30	5-5:45pm

### Intro to Kempo Young Adults

We work hard to make your child's first experience with the Martial Arts a safe and productive one. Young people must have personal goals and a caring support system to make their dreams a reality. We help your child become a strong, able, and productive member of society armed with character, strong self-discipline and a healthy self-image.

Instr: Z-Ultimate Self Defense Studios Staff

Loc: Z-Ultimate Self Defense Studios Studio

Age: 8-15 yrs ..... Fee: \$50R/\$60N

37625	Mon, Wed	Sep 5-28	6-7pm
37626	Mon, Wed	Oct 3-26	6-7pm
37627	Wed, Mon	Nov 2-30	6-7pm
37628	Mon, Wed	Dec 5-28	6-7pm

### Intro to Kempo Beginning Adults

We tailor the art to the individual. Men and women of all ages can benefit from the versatility of Shaolin Kempo. A discipline, sport, art, and way of life, the martial arts offer the adult student many unique benefits. You may be a professional looking for that added mental edge in business, or someone who just wants to feel stronger and be more energetic.

Instr: Z-Ultimate Self Defense Studios Staff

Loc: Z-Ultimate Self Defense Studios Studio

Age: 16+ yrs ..... Fee: \$60R/\$72N

37621	Fri, Mon, Wed	Sep 9-28	7-8pm
37622	Mon, Wed, Fri	Oct 3-28	7-8pm
37623	Wed, Fri, Mon	Nov 2-30	7-8pm
37624	Fri, Mon, Wed	Dec 2-30	7-8pm

## WA Karate ASSN

Washington Karate Association teaches the traditional style of Japanese Karate known as Hayashi-Ha Shito-Ryu, one of the strongest systems of Karate. The instructors are international champions and current USA Karate Team members. Classes are taught at the Washington Karate Association, a nationally and internationally recognized school for over 40 years. The Bellevue Dojo is located at 14906 Bel-Red Rd, 425-641-8123.

### Kinder Karate

Introduce your young child to the martial art of karate. This program teaches basic directional skill and coordination while incorporating the etiquette and terminology of this Japanese art. Students learn basic punches, kicks, blocks and stances in the form of structured drills and games, as well as developing strength, coordination, flexibility and balance. Please have your child wear loose, comfortable clothing.

Loc: Washington Karate Association Studio

Age: 3-6 yrs ..... Fee: \$220R/\$260N

37823	Sat	Sep 10-Nov 19	10am-10:45am
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## Yoga

### Dana Hein-Skaggs



For more than 25 years, Dana Hein-Skaggs has been passionately guiding and nurturing children. Dana is a certified yoga instructor, and has completed her 200hr teacher training through the Samarya Center in Seattle. When Dana is not teaching classes, she is taking adults and families on outdoor yoga adventures in various locations around the state.

### Kid Yoga

This yoga class is full of fun and creativity. Through guided activities and cooperative games, your child will stretch and strengthen their way to improved fitness, expanded sense of self-awareness and increased self-confidence. Please wear comfortably fitting clothing and bring a bottle of water.

Instr: Dana Hein-Skaggs

Loc: Anderson Park Fullard House

Age: 3-5 yrs ..... Fee: \$60R/\$72N

37764	Wed	Sep 7-28	2:30-3:30pm
37765	Wed	Oct 5-26	2:30-3:30pm
37766	Wed	Nov 2-23	2:30-3:30pm
37767	Wed	Nov 30-Dec 21	2:30-3:30pm

Age: 6-10 yrs ..... Fee: \$60R/\$72N

37768	Wed	Sep 7-28	3:30-4:30pm
37769	Wed	Oct 5-26	3:30-4:30pm
37770	Wed	Nov 2-23	3:30-4:30pm
37771	Wed	Nov 30-Dec 21	3:30-4:30pm

## Kid Yoga Fun and Fit

From jumping bean wiggles & giggles to stillness and calm, this class offers the best of both worlds! It combines fun, fast pace cardio exercises and games with the flexibility, balance and focus of yoga. Besides having a lot of fun, kids will come away feeling empowered! They are sure to gain confidence and develop self-esteem. This is a "can do" kind of experience! No class Nov 26.

Instr: Dana Hein-Skaggs

Loc: Anderson Park Fullard House

Age: 3-6 yrs ..... Fee: \$60R/\$72N

37772	Fri	Sep 9-30	11am-12pm
37773	Fri	Oct 14-Nov 4	11am-12pm
37774	Fri	Nov 18-Dec 16	11am-12pm
37775	Wed	Sep 7-28	10-11am
37776	Wed	Oct 5-26	10-11am
37777	Wed	Nov 2-23	10-11am
37778	Wed	Nov 30-Dec 21	10-11am



## Kid Yoga Fun Club (KYFC) • NEW!

In this very exciting class, your children will delight in the process of investigating the connection between yoga and the amazing wonders of Mother Nature! Among our many sustainable-living projects, we will have time for related arts and crafts, educational games, creative journaling and, of course, fun yoga poses! Kids learn they CAN make a difference helping to conserve and protect wild areas in their communities! Hands-on experiences will empower, teach self-reliance and build confidence in them!

Instr: Dana Hein-Skaggs

Loc: Anderson Park Fullard House

Age: 6-10 yrs ..... Fee: \$70R/\$84N

37779	Wed	Sep 7-28	4:30-5:30pm
37780	Wed	Oct 5-26	4:30-5:30pm
37781	Wed	Nov 2-23	4:30-5:30pm
37782	Wed	Nov 30-Dec 21	4:30-5:30pm

## Allison Whiteley



*Allison has over 10 years experience practicing and teaching yoga, has completed her 200 hour level certification and is working towards the 500 certification program.*

## Beginning Yoga

This is the perfect class for beginners and those with limited experience. A regular yoga practice provides amazing benefits for the body, mind and spirit. Stress relief, improved balance and flexibility and a sense of peace and joy are just a few of the benefits to experience. Yoga equips us with the tools needed to live our lives joyfully. Sticky mat and 8 foot strap required.

Instr: Allison Whiteley

Loc: Anderson Park Fullard House

Age: 17+ yrs ..... Fee: \$72R/\$87N

37878	Mon	Sep 26-Oct 31	5:15-6:45pm
37879	Mon	Nov 7-Dec 12	5:15-6:45pm

## Free Introduction to Yoga Class

Come join us for this fun introduction to yoga. You will learn about the goals and benefits of yoga and try a few gentle poses with individualized attention. Bring a mat, pad, or blanket and any questions you may have.

Instr: Allison Whiteley

Loc: Anderson Park Fullard House

Age: 17+ yrs ..... Fee: Free

37882	Mon	Sep 12	5:15-6:45pm
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## Intermediate Yoga

This class emphasizes refinement of basic poses. We will continue to explore inversions, backbends, forward bends and twists. Students must have completed the Beginning Yoga class or have 6 months experience. Sticky mat, 8 foot strap and 2 shoulder stand pads required.

Instr: Allison Whiteley

Loc: Anderson Park Fullard House

Age: 17+ yrs ..... Fee: \$84R/\$101N

37880	Mon	Sep 12-Oct 24	7-8:30pm
Age: 17+ yrs			Fee: \$72R/\$87N

37881	Mon	Nov 7-Dec 12	7-8:30pm
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## RSC-Hatha Yoga

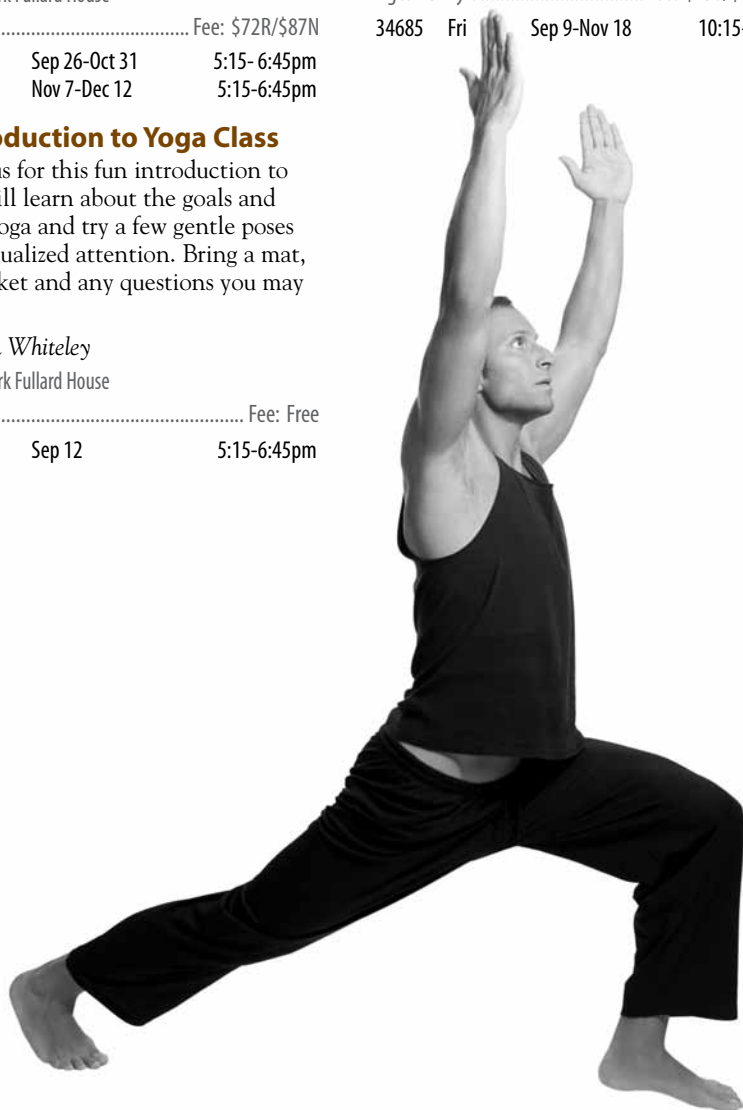
Discover how to increase flexibility, improve balance and circulation, relieve stress and relax! Learn proper breathing, stretching, body awareness, and better posture through yoga. These exercises will help you increase muscle tone and feel great!

Instr: Diana Piermattei

Loc: Senior Center Multipurpose Room

Age: 18+ yrs ..... Fee: \$45S/\$45R/\$51N

34685	Fri	Sep 9-Nov 18	10:15-11:15am
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## RSC-Healing Moves - Yoga for Every Body (formerly Yoga - Forrest)

Improve your health and handle stress more effectively. Increase balance, flexibility and core strength while improving posture, sleep, breathing and the ability to relax. In this Forrest-style Hatha Yoga class you'll receive personalized instruction, structured breathing exercises and guided deep relaxation, to help you get strong and centered, both on and off the yoga mat. No yoga experience necessary. Bring a yoga mat, strap and yoga block (a set is available for loan for your free first class). Light, or no eating within two hours of class.

*Instr: Veronica Connolly-Bagshaw*

Loc: Senior Center Room 111

Age: 18+ yrs.....Fee: \$42S/\$42R/\$50N

34817 Thu Sep 8-29 7:30-8:45pm

34818 Thu Oct 6-27 7:30-8:45pm

Age: 18+ yrs.....Fee: \$32S/\$32R/\$38N

34819 Thu Nov 3-17 7:30-8:45pm

34820 Thu Dec 1-15 7:30-8:45pm

## RSC-Yoga for Full-Figures

Join us for a unique yoga class designed for those with fuller figures. Don't let your size keep you from experiencing the life enhancing gifts of a consistent yoga program. Viniyoga meets you where you are through the use of modifications and adaptations of poses. It emphasizes linking breath and movement, with a focus on the restorative effects, allowing you to experience the rewards of yoga. Bring a yoga mat or blanket to class; and it's best on an empty stomach.

*Instr: Kim Carter*

Loc: Senior Center Room 111

Age: 18+ yrs.....Fee: \$50S/\$50R/\$60N

34805 Tue Sep 6-27 6:30-8pm

34806 Tue Oct 4-25 6:30-8pm

Age: 18+ yrs.....Fee: \$38S/\$38R/\$45N

34807 Tue Nov 1-15 6:30-8pm

34808 Tue Nov 29-Dec 13 6:30-8pm



## RSC-Yoga from your Chair

If you are interested in yoga but don't have the mobility to get onto the floor, this is the class for you. Based on Hatha Yoga you will increase your flexibility and circulation, improve respiration, and expand your awareness of body, mind and spirit. In only 45 minutes you will enjoy the benefits of a yoga workout that includes: upper body alignment and stretches; leg and ankle flexing; head, face and neck stretches; deep breathing; and a focus on relaxation.

*Instr: Diana Piermattei*

Loc: Senior Center Room 111

Age: 50+ yrs.....Fee: \$32S/\$32R/\$38N

34688 Fri Sep 9-Oct 28 9:15-10am

## Kiderobics

This highly energized dance-like, physical fitness class combines rhythmic aerobic exercise with stretching and strength routines promoting all elements of fitness. Don't be surprised if there is a little Kid Yoga thrown in the mix for flexibility and muscular strength. Performed to fun, upbeat music, it makes you want to get down to warm up and let go to cool down!

*Instr: Dana Hein-Skaggs*

Loc: Old Redmond Schoolhouse Community Center Room 107

Age: 3-6 yrs.....Fee: \$60R/\$72N

37751 Mon Sep 12-Oct 3 10-11am

37752 Mon Oct 10-31 10-11am

37753 Mon Nov 7-28 10-11am

37754 Wed Sep 7-28 11am-12pm

37755 Wed Oct 5-26 11am-12pm

37756 Wed Nov 2-23 11am-12pm

37757 Wed Nov 30-Dec 21 11am-12pm

## Girls on the Run

To register, go to [www.girlsrun.org](http://www.girlsrun.org) or call 206-528-2118. Priority registration is given to new or one time participants. Girls on the Run is a fun and empowering fitness program for girls ages 8-11 that combines training for a 5k (3.1 mile) run/walk event with self esteem enhancing and uplifting activities and workouts. Class is led by a team of trained female co-coaches that guide and mentor girls through the program. Topics include: body image and the media, dangers of drugs, alcohol and tobacco, making healthy decisions, positive communication, cooperation and team building, and contributing to the community. Participants receive a t-shirt, daily snack, water bottle, and race-entry fee. Space is limited to 15 girls. No class on November 22 and 24.

*Instr: TBA*

Loc: Old Redmond Schoolhouse Community Center Rm 103-107

Age: 8-11 yrs.....Fee: \$150R

Tue, Thu Sep 27-Dec 6 3:30-5pm

Tue, Thu Sep 27-Dec 6 3:30-5pm

